

# Care for a Choking Adult

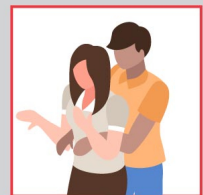
# 1

If the person cannot speak, cough, or breathe or is making high-pitched noise, immediately begin care for choking

# 2

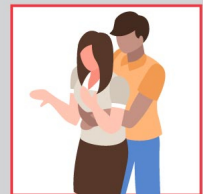
## BACK BLOWS

- Place your arm across the person's chest
- Bend the person forward and deliver up blades



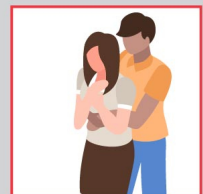
## ABDOMINAL THRUSTS

- Place your fist just above the belly button
- Give up to 5 quick, inward and upward thrusts



## CHEST THRUSTS

- Place your fist in the middle of the person's chest with your thumb facing inward, and place your other hand over your fist
- Give up to 5 chest thrusts by pulling straight back



# 3

Continue providing care until the object comes out or the person begins to breathe or cough. If the person becomes unresponsive, call EMS/911 and begin CPR, starting with chest compressions